



Shape of Yoga

**NUTRITION & PHYSICAL ACTIVITY
BOOKLET FOR FAMILIES**



Be a Champion for Change!

Champions for Change are people - just like you - who are using their power to help their families reduce the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer.

Champions for Change are people committed to helping their families eat more fruits and vegetables and be more physically active. This booklet can help you make that healthy change.

So be a Champion for Change. And be a champion for your family's health.





Welcome to Shape of Yoga

Yoga is a fun way to get your daily physical activity.

Yoga is a great way to build up your strength and flexibility.

Shape of Yoga is a fun way for you to exercise and learn about healthy food choices.

Shape of Yoga is a simple way for you to teach others how to perform basic yoga.



Table of Contents

Before You Begin	1	Bean Sprout	8
How to Use this Booklet	1	Banana Peel	9
Safety Tips	2	My Pyramid	10
Nutrition Tips	2	Corn on the Cob	11
YOGA POSES		Super Zucchini	12
Standing Carrot Stick	3	Calendar	13
Folding Quesadilla	4	Acknowledgements	14
Broccoli Lunge	5		
Fruit Smoothie	6		
Apple Tree	7		

Before You Begin

Shape of Yoga can be done without special equipment and can be done anywhere.

WHAT YOU NEED:

- Quiet area
- Yoga mat, towel, blanket or non-skid floor
- Comfortable clothes that allow for movement
- Quiet music and dim lighting may help you relax and enjoy your yoga poses

How to Use this Booklet

- This booklet contains 10 basic yoga poses.
- Each pose has a nutrition tip for you to share with your family.
- The book is written in both English and Spanish.
- To learn the poses, use the written directions along with the pictures (Note: each sentence has a number that matches a picture with a letter.)
- Try to do these 10 poses in the order they are given with your family as part of your daily physical activity.
- Use the calendar at the back of this booklet to track your progress.



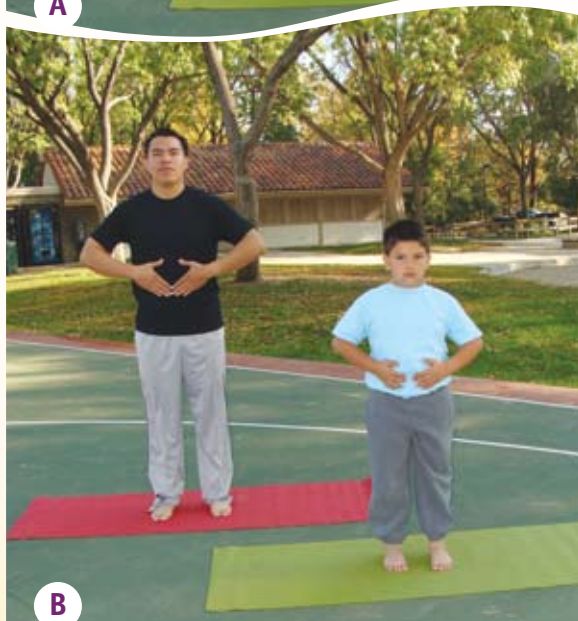
Safety Tips

- Warm up for 5 minutes before you start Shape of Yoga (e.g., walk in place, walk around the house).
- Do not force yourself into a yoga pose.
- The longer you hold each pose, the more challenging it becomes. Start by holding each pose for 2 breaths and slowly increase the number of breaths as you feel yourself improve in balance and endurance.
- Do NOT hold your breath at anytime.
- Protect your back by keeping your spine straight and your knees slightly bent when you bend forward from any standing position.
- Stop if you feel any pain or discomfort.
- Talk to your physician before starting any exercise program.

Nutrition Tips

- Physical activity is good for you and so is eating healthy foods like fruits and vegetables.
- Fruits and vegetables have vitamins, minerals, and fiber that help make your body healthy and strong.
- Remember to include fruits and vegetables with your meals and eat them as healthy snacks!
- Eat a variety of fruits and vegetables to get more benefits for your body.
- Balance the amount of food you eat with how active you are. Make sure to get at least 30 minutes of physical activity every day if you are an adult and 60 minutes every day if you are a kid or teen.

For more information on healthy eating and active living visit: www.mypyramid.gov and www.cachampionsforchange.net.



Standing Carrot Stick

- 1 Stand tall, like a carrot stick (A).
- 2 Keep your feet slightly apart (A).
- 3 Place your hands on your tummy to feel it move in and out when you breathe (B).
- 4 Hold for 2 breaths (B).
- 5 Return to the start position (A).

NUTRITION TIP!

Make it easy to choose fruits and vegetables as snacks! Keep fresh cut-up vegetables such as carrots and celery sticks in a clear container with some water in your refrigerator. Be cool and try some cut up broccoli, cucumber, or red pepper strips too.

**A****B****C**

Folding Quesadilla

- 1 Stand tall with your feet slightly apart (A).
- 2 Breathe in, raising your arms out to your sides (A).
- 3 Hold for 2 breaths (A).
- 4 Breathe in again as you look up and reach for the sky (B).
- 5 Breathe out, sweep your arms back down to your sides, and bend at the waist toward the knees (C).
- 6 Return to the start position (A).

NUTRITION TIP!

Next time you make quesadillas, add some tomatoes, onions, and spinach. Healthy meals give you energy to play and have fun!



A



B



C

Broccoli Lunge

- 1 Stand with your feet wide apart (A).
- 2 Turn your right foot out to the side (B).
- 3 Breathe in and raise your arms out to your sides, like the branches of strong, sprouting broccoli (B).
- 4 Breathe out, look over your right hand then bend your right knee to lower yourself into a “lunge” (C).
- 5 Hold this position for 2 breaths, strong like a fresh green broccoli stalk (C).
- 6 Straighten your knees and return to the starting position (A).
- 7 Switch sides and repeat.

NUTRITION TIP!

Cooking and eating meals as a family is a great way to spend quality time together. Kids like to eat what they help prepare-so have them wash vegetables, break off broccoli florets, and help toss the salad.



Fruit Smoothie

- 1 Stand with your feet wide apart (A).
- 2 Turn your right foot out to the side (A).
- 3 Breathe in and bring your arms out to your sides (A).
- 4 Breathe out and bend down to your right side like a pitcher ready to tip over (B).
- 5 Place your right hand towards your right shin while your left hand reaches over the top and pour yourself a refreshing fruit smoothie (B).
- 6 Hold for 2 breaths.
- 7 Breathe in as you come back to the start position (A).
- 8 Switch sides and repeat.

NUTRITION TIP!

Try making a fruit smoothie for a refreshing drink and a healthy snack. Try the Great Grape Smoothie recipe at www.cachampionsforchange.net.



Apple Tree

- 1 Stand tall and strong like a healthy apple tree (A).
- 2 When your legs are deeply rooted and balanced, breathe in and raise your arms out to your sides like the branches of an apple tree (A).
- 3 Lift your right leg and place that foot on the inner part of your left leg (B).
- 4 Hold for 2 breaths.
- 5 Raise your arms higher and wiggle your fingers like leaves on the “Apple Tree” (C).

- 6 Breathe out and slowly return to the start position (A).
- 7 Switch sides and repeat.

NUTRITION TIP!

Fruit is nature's fast food — grab some fruit for a healthy snack on the go.



Bean Sprout

- 1 Start on your hands and knees and take a deep breath in (A).
- 2 Breathe out while you sit back on your heels, rest your forehead on the floor with your arms extended out in front of you... looking like a seed (B).
- 3 Take 2 breaths and prepare to grow into a “bean sprout.”
- 4 Breathe in as you sprout back up to your hands and knees (A).
- 5 Return to start position (A).

NUTRITION TIP!

Visit a farmers' market for fresh, affordable fruits and vegetables. Be adventurous — try a new fruit or vegetable today!



Banana Peel

- 1 Start on your hands and knees (A).
- 2 Breathe in and arch your back like a banana by pressing your tummy towards the floor and look up (A).
- 3 Breathe out, round your back, drop your head and look for your bellybutton (B).
- 4 Return to the start position (A).

NUTRITION TIP!

Remember to drink plenty of water during the day to keep you hydrated.



My Pyramid

- 1 Start on your hands and knees and take a deep breath in (A).
- 2 Curl your toes under and press them against the floor (B).
- 3 Breathe out and lift your tailbone into the air (C).
- 4 Straighten your knees and try to press your heels down towards the floor (C).
- 5 Allow your head to drop so that it is aligned with your spine (C).

- 6 Hold for 2 breaths (C).

- 7 Return to the start position (A).

NUTRITION TIP!

Eating a variety of fruits and vegetables helps your body get the nutrition it needs. Choose colorful fruits and vegetables and eat a rainbow of colors every day!



Corn on the Cob

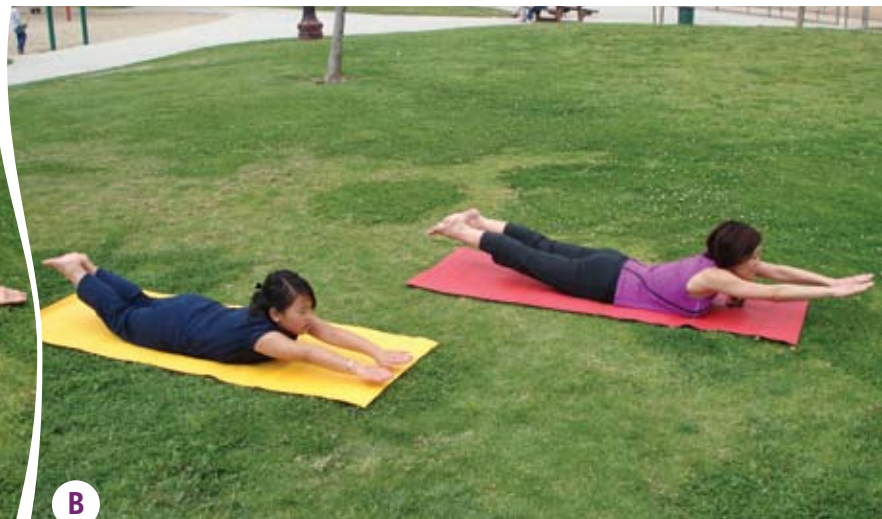
- 1 Start on your hands and knees (A).
- 2 Take a deep breath in.
- 3 Breathe out while you sit back on your heels and rest your forehead on the floor with your arms stretched forward (B).
- 4 Breathe in and push your body up into a full grown “ear of corn” during harvest month (C).
- 5 Hold for 2 breaths (C).
- 6 Return to the start position (A).

NUTRITION TIP!

Buy fruits and vegetables that are in season because they tend to cost less and taste great! Frozen, canned, or dried fruits and vegetables are smart ways to get your favorites when they are not in season.



A



B

Super Zucchini

- 1 Lie flat on your tummy like a zucchini on rich soil (A).
- 2 Extend your arms in front of your head ready to fly off the vine (A).
- 3 Breathe in; slightly lift your head, chest, arms, and legs off the mat into the air (B).
- 4 Hold for 2 breaths.
- 5 Breathe out as you bring your body down close to the soil (A).

NUTRITION TIP!

Did you know that zucchinis are easy to grow?
Try planting a vegetable garden in your backyard and enjoy the taste of fresh picked vegetables.

Now repeat each pose working backwards through the booklet, finishing with the Standing Carrot Stick.

Calendar: Track your progress!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Acknowledgements

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

SPECIAL THANKS TO THE FOLLOWING:

Steve Paredes, Cathy Orr, Wendy Horton, Todd Berrien, Steven Loy; the Kinesiology Department at California State University, Northridge; Los Angeles County Department of Public Health; Pri DeSilva, Jeremiah Garza, and Lupe Gonzalez from Healthy Eating, Active Communities—South Los Angeles; and the *Network for a Healthy California—Los Angeles Region* Staff.

Original concept for Shape of Yoga was developed by Rebecca Guinn.



California State University
Northridge